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020: 92 Reed Street, **CANAJOHARIE**: LOOKING FOR A HOME IN THE VILLAGE WITH THE FEEL OF THE COUNTRY? This is it!!! 1.5 acres of well-groomed lawn, with three vegetable gardens, a flower garden and fruit trees. Home is well maintained, but needs updating. Second floor has a sitting area with a large bay window overlooking the beautiful backyard. Two bedrooms on first floor with full bath, one bedroom on second floor. There is a great in-law studio separate from the main house. It has a kitchen and updated bathroom, this could be used as an artist or music studio. A two stall garage has a large second floor storage area. \$1,000 bonus to agent that brings a buyer by Nov. 15th. **Asking \$114,900**



021: 503 Route 20, **SHARON SPRINGS**: Nice home located in Historic Sharon Spa, NY. This is a very active community with plenty of things to do for everyone. You are within walking distance of the school, post office, library and more. This home has retained much of its original charm with oak floors and woodwork/molding through the home. It has two bedrooms and one full bath. It also has a fantastic backyard for kids to play and family barbecues. This is a good starter family home with opportunities to expand into a second floor. This is an easy commute to surrounding communities. **Asking \$120,500**



048: 12 Highland Place, **CANAJOHARIE**: Welcome Home!!! Nice Three bedroom, one bath home in Historic Canajoharie. Updated kitchen, wood floors, some new windows. Large backyard for the kids and pets. New Solar System!!! Some minor cosmetic repairs needed. **Asking \$74,900**



217: 25 N. Division Street, **ST. JOHNSVILLE**: 1870's 2nd Empire Style House. Featuring distinctive mansard roof design. Two-sided porch designed for relaxation and entertainment. Double door front entry opens to a beautiful staircase. Formal living room w/hardwood, formal dining room w/hardwood. Galley style kitchen w/ceramic floor, granite counter tops and new back splash. Antique chandeliers and lighted ceiling fans throughout the home. This home has 5 bedrooms on the 2nd floor and 1 bedroom on 1st floor. Also has 2 full bathrooms - one on 1st floor, one on 2nd floor. This could be a beautiful Bed and Breakfast or a great home for entertaining. **Asking \$99,500**



269: 550 Dygert Road, **CANAJOHARIE**: Nice country spot on 3 acres. One floor living with lots of space. Four bedrooms and three full baths. A little TLD and imagination and this could be a beautiful home. Property SOLD AS IS!!! Cash buyers only!!! **Asking \$18,000**



270: 7245 State Highway 5S, **FORT PLAIN**: A spacious Country Ranch Home. Too many updates to list over the past 10 yrs. Three bedrooms and two full baths. This house features an attached garage with a large backyard with an above ground pool right off the back deck. Centrally located in Upstate New York. Only 10 minutes from Exit 29 on the New York State Thruway. **Asking \$86,000**



271: 262 Goldman Road, **SPRAKERS**: Private, Specious off the Grid Country Property!!! Come take a look, almost 8 acres, large pond, huge yard for the kids and pets to roam. Plenty of room for a couple horses, large barn/garage. Endless possibilities with this Country Gem!!! Low Electric Bills!!! Solar Power!!! **Asking \$99,500**



272: 565 River Road, **FORT PLAIN**: A Stunning 1800s Greek Revival situated on 43.5 acres. This fabulous home features 6 bedrooms, two and a half baths, three fireplaces, oak floors, cast iron radiators and so much more. Large 2 story barn in excellent shape, work shop, concrete floor, horse stalls, several outbuilding and pens. Currently being used as an operating Paint Ball Business. Centrally located in the Historic Mohawk Valley. **Asking \$299,000**



686: 3 Phillips Ave., **CANAJOHARIE**: The details of this home show off the quality workmanship exhibited during the Craftsman Era. When entering this home you immediately feel the coziness and warmth of the fireplace, the inviting atmosphere and the hardwood floors, all of which make this house a home. There are two bedrooms and a full bath on the 1st floor and one bedroom and a full bath on the 2nd floor. Storage abounds so any family can have room to grow. The enclosed front porch and open side porch provide extra space for three season relaxation and entertaining. **Asking \$99,900**



837: 6480 State Highway 10, **CANAJOHARIE**: Colonial style home located just outside of the Village. A bi-level deck overlooks 21 acres w/a barn and pond. Ideal property for horses. A grand front entry, formal dining room and a finished basement w/kitchen (ideal for an in-law apartment). Three car detached garage w/ overhead storage. Hot tub excluded. **Asking \$229,900**



842: **PRICE REDUCTION!!!** 251 Heiser Road, **CANAJOHARIE**: Home built in 2006 has cathedral ceilings, a double-sided fireplace that faces both the family room and living room. Geo Thermal for heating and cooling. Walk-out basement which also has a walk-in cooler in it. The location is great - just 4 miles to NYS Thruway Exit 29 - close to Albany, Cooperstown and Saratoga. This would make a great hobby farm. **Asking \$229,000**



950: 952 Old Sharon Road, **CANAJOHARIE**: Level Open land minutes from Canajoharie village and I-90. Would make a great location for new home or small farmstead. Motivated sellers - BRING ALL OFFERS. **Asking \$50,000**

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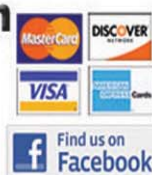
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Send all correspondence to:  
PO Box 121, Palatine Bridge, NY 13428  
Advertising email: jsnyder@leepub.com  
Editorial email: jkarkwren@leepub.com  
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## Local volunteer organizations reach out to flood victims

Herkimer-Oneida Organizations Active in Disasters (HOOAD) is reaching out to residents to assess the needs of individuals in Herkimer and Oneida impacted by the recent flooding and to make them aware of how they can easily connect to resources and services that are or may become available. HOOAD is a group of volunteer, private, not-for-profit and government organizations, and businesses that support local relief efforts after a disaster or emergency. This local organization is modeled after the National Volunteer Organizations Active in Disasters (VOAD) that has for many years worked to assist communities affected by disasters. "Many people don't realize that we have this local partnership of organizations made up of a variety of public, private, not-for-profit, volunteer and business organizations in place to coordi-

nate and assist with immediate and long-term needs that arise after a disaster," said HOOAD Chairperson Mike Scalzo. "The beauty of HOOAD is that its broad membership of organizations allows us to better identify needs and leverage and link those affected by a disaster to assistance that they may not be aware of," he added.

Residents may report their needs to HOOAD by calling 2-1-1, a toll free, health and human service hotline that can be dialed 24/7 to connect callers to existing local services quickly and easily. Calls are confidential and free. Here are some of the types of calls that 2-1-1 receives after a flood:

- "Our basement was flooded, and even though it was pumped out, there's still mud."
- "My furnace and hot water heater were flooded out and I didn't have insurance."

• "We were flooded and now there's mold. What can I do to be sure we are safe?"

• "Ever since the flood, I've been really depressed. Whom can I talk to?"

• "Where I was living was flooded. I've been staying with friends and family ever since, but I need to find a permanent solution."

• "I'm on SNAP and lost food because our power was out for so long. How can I get food for my family?"

Sometimes, especially after an event like a flood, it may take time to mobilize help. There isn't always an available service to meet the needs of every caller. In these times, 2-1-1 will take the individual's name and contact information, so that if services become available, they can be contacted and connected later. "Calling 2-1-1 and identifying your unmet needs makes it easier for local

disaster responders to identify what types of help are needed," said Betty-Joan Beaudry, Director of 2-1-1 Mid-York. She continued, "For example, if 2-1-1 receives many requests for basement clean out assistance after a flood, it becomes clear that this type of help is needed."

Knowing what the demand for clean-out assistance is makes it easier to make the case with volunteer groups specially trained in flood clean-up that their help is needed."

HOOAD and its many partner organizations want to assist, but it all starts with getting connected. If the recent flooding impacted you, please call 2-1-1 to request assistance and learn what services are already available. Some residents of heavily impacted areas may also receive this message in a direct letter from HOOAD.

# TOP Ten

## Once-Popular Girl Names

1. Betty
2. Ethel
3. Tammy
4. Dorothy
5. Ida
6. Mildred
7. Edna
8. Gladys
9. Florence
10. Bertha

Source: Ancestry.com

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## Chow Line: Why food safety is vital during pregnancy

by **Martha Filipic**

**Q: Why are pregnant women at greater risk of foodborne illness?**

**A:** When a woman becomes pregnant, she undergoes all sorts of physical changes that are necessary for her body to accept and nurture the growing baby in her womb.

One of those changes involves part of the mother's immune system called "cell-mediated immunity." When it's working normally, cell-mediated immunity helps fight the kinds of pathogens that move from cell to cell. This doesn't affect the part of the immune system that involves antibodies, which remains fully functioning during pregnancy.

Cell-mediated immunity is the type of immunity involved when a person has an organ transplant and the body rejects the new organ, thinking it's a foreign invader. When a woman becomes pregnant, the body suppresses this function to allow the body to accept the fetus.

That's all well and good, but it does put the mother and fetus at higher risk for some types of foodborne illness.

According to [foodsafety.gov](http://foodsafety.gov), the federal government's hub for food safety information, the top five pathogens related to food poisoning during pregnancy are bacteria *Listeria monocytogenes*, *Campylobacter*, *E. coli* and *Salmonella*, and a parasite, *Toxoplasma gondii*. Depending on the pathogen and the severity of the illness, these can cause miscarriage, premature birth, stillbirth or birth defects in the fetus, as well as serious health problems for the mother.

Food Safety for Pregnant Women, online at [foodsafety.gov/risk/pregnant](http://foodsafety.gov/risk/pregnant), provides details about each of these pathogens as well as other guidelines, including:

- Avoid unpasteurized milk and products made from it. Soft cheeses, such as brie, feta, Camembert, Roquefort, queso blanco and queso fresco are frequently made with unpasteurized milk. Some hard cheeses are also made with raw or unpasteurized milk. Always read the label.

- Avoid unpasteurized juice or cider. Even fresh-

squeezed juice has been associated with *E. coli*.

- Avoid raw seafood and be selective with smoked seafood. Both pose a risk from *Listeria*. Smoked seafood is okay only if it is canned or otherwise processed to be shelf-stable (the kind that doesn't need refrigeration), or is an ingredient in a casserole or other dish cooked to at least 165 degrees F.

- Avoid premade ham, chicken, tuna or other meat or seafood salads, such as those you can buy in a deli. Make them at home instead.

- Don't eat hot dogs or lunchmeats unless you've heated them to steaming hot — 165 degrees F.

- Be sure any eggs you eat are cooked until the yolk is firm. Any casseroles or foods containing raw eggs should be cooked to 160 degrees F. Avoid foods containing raw or undercooked eggs, including unpasteurized eggnog, cookie or cake batter, Caesar salad dressing, tiramisu, eggs Benedict, homemade ice cream and freshly made hollandaise sauce.

For more details, see [foodsafety.gov/risk/pregnant](http://foodsafety.gov/risk/pregnant).  
*Chow Line is a service of the College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center.*

## Calendar of events

### Feb. 17

**First Rabies Vaccination Clinic.** Feb. 17, 9 a.m.-11 a.m., Tribes Hill Fire Department, 280 Mohawk Dr., Tribes Hill, NY. For more information about rabies contact Montgomery County Public Health at 518.853.3531 or your veterinarian.

### Feb. 19-23

**OFA Meals of Montgomery.** Feb. 19-23. 11:45 a.m. Arkell Center, Canajoharie, NY. OFA Meals of Montgomery — serves hot meals, \$3 donation for 60 and older. Call for reservations. 518.673.2000.

### Feb. 19, 21, 23, 26, 28

**Senior Exercise Program.** Feb. 19, 21, 23, 26, 28. 10 a.m.-10:30 a.m. Arkell Center, Canajoharie, NY. Monday, Wednesday and Fridays in February. Classes in the basement. Coffee after.

### Feb. 20 and 27

**Beginner Tai Chi.** Feb. 20 and 27. 10 a.m.-11 a.m. Arkell Center, Canajoharie, NY. 11:10 a.m. - 12:10 p.m. intermediate TAI CHI — both are sponsored by Montgomery County OFA, Earl O'Bryon, instructor. Donations accepted.

### Feb. 20 and 27

**Core Strength & Stability Class.** Feb. 20 and 27. 9 a.m.-10 a.m. Arkell Center, Canajoharie, NY. Class in the basement. Donation \$5. Instructor Sharon Charles. The class is cancelled on Feb. 21, March 6 and 13.

### Feb. 20 and 27

**Core Strength & Stability Class.** Feb. 20 and 27. 9 a.m.-10 a.m., Arkell Center, Canajoharie, NY.

### Feb. 21

**Local History Round Table.** Feb. 21, 6:30 p.m.-8:30 p.m. Fort Plain Free Library, 19 Willett St. Fort Plain, NY. Facilitated by Fort Plain Village Historian Eileen Chambers and Minden Town Historian Rob Carter.

### Feb. 21 and 28

**Chair yoga.** Feb. 21 and 28. 2 p.m.-2:25 p.m. Arkell Center, Canajoharie, NY. Chair yoga in the Gallery. Gentle Yoga, in the basement, \$5 donation. Instructor Patty P.

### Feb. 21

**Senior Citizens Pinochle Card Party.** Feb. 21, 12:30 p.m.-4 p.m., Arkell Center, Canajoharie, NY. \$2, prizes and refreshments. If you would like to sub, call Terry at 518.673.5635.

### Feb. 22

**Diet Club.** Feb. 22, 10:15 a.m.-11 a.m., Arkell Center, Canajoharie, NY. The goal is to be accountable while losing or maintaining your weight. Call 518.673.2112.

### Feb. 22

**Breakfast with Our Senior Neighbors.** Feb. 22, 9:30 a.m. Arkell Center, Canajoharie, NY. Bring a dish to share.

### Feb. 23

**Canajoharie Senior Citizens Meeting.** Feb. 23, 1 p.m. Arkell Center, Canajoharie, NY.

### Feb. 23

**Vinyasa Flow Yoga.** Feb. 23. 9 a.m.-10 a.m. Arkell Center, Canajoharie, NY. Yoga with Bonnie in the Gallery.

### Feb. 26-March 2

**OFA Meals of Montgomery.** Feb. 26-March 2. 11:45 a.m. Arkell Center, Canajoharie, NY. OFA Meals of Montgomery — serves hot meals, \$3 donation for 60 and older. Call for reservations. 518.673.2000.

### Feb. 27

**Alzheimers Caregiver Support Group Meeting.** Feb. 27, 10 a.m.-11 a.m., Arkell Center, Canajoharie, NY.

### March 3

**Antique Show.** March 3, 10 a.m.-4 p.m., Arkell Museum, Canajoharie, NY. The Palatine Settlement Society will hold its annual Antique Show & Sale for the benefit of restoring the 1747 Nellis Tavern of St. Johnsville, NY. The show will be held at the Arkell Museum in Canajoharie and features 25 dealers. An appraisal booth and light lunch will be available. Joan & Ray Draus, Show Managers, call 518-842-6400.

### March 11

**Ham Dinner.** March 11, 12 p.m.-3 p.m. Our Lady Of Hope Catholic Church Hall, 115 Reid Street, Fort Plain, NY. Handicapped Accessible. Adults-\$10. Children aged 5 to 12 - \$7. Children under age 5 - free. Tickets sold after weekend liturgies and at the door. Tickets also available at the church office. Call Monday-Thursday 9 a.m. to 1 p.m. Take-outs will be available. 518.993.3822.

### May 19

**Fort Klock Opening Day.** May 19. 10 a.m.-4 p.m. Fort Klock, St. Johnsville, NY. Experience the sights and sounds of 1776! Join us at Fort Klock for a special living history event featuring a chandler, black smith, tin smith, weaver, militia muster hands-on demonstrations and more! 518.568.7779.

## Now Here's a Tip

by **JoAnn Derson**

• What's on sale in February? Get great deals on electronics — including computers — and mattresses, carpet/tile/laminates and other flooring, used cars, catalog close-outs and exercise equipment. Also, look for gift add-ons with perfume purchases and after-holiday deals on candy and red items (think ahead for Fourth of July and Christmas tableware!)

• "We recently got a cute pot rack, but when we put up our stainless steel pots, it became clear that we weren't doing a great job of cleaning them — ew! My neighbor and best friend came to the rescue with a product called Barkeepers Friend. It's a scouring powder, but it doesn't scratch. Anyway, all the yellow stains on the bottom of our pots came off. And it de-grossed a cast-iron skillet too (we re-seasoned it). Our pot rack now looks great." — M.D. in Louisiana

• Fine particles of dust and grease mix in the air in the kitchen, and when they settle on things, it can get sticky! If you have a buildup of this sticky dust on appliances, try this trick: Make a paste from baking soda or cream of tartar and water. Apply with a damp sponge for a little gentle abrasive. Follow with a clean damp cloth. This works especially well on the top of the fridge.

• If you dye your own hair, apply a border of petroleum jelly to the outside of your face at the hair line. This will keep those drips from staining your face. Apply some to your ears as well, and the back of your neck for the same reason.

• Don't forget to wash your kid's backpack from time to time. The places it goes and the things it sees make me shudder, especially in this cold and flu season.

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**NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events.**

**Entries may be emailed to [cfeditor@leepub.com](mailto:cfeditor@leepub.com).**

# Ayres Animal Shelter

133 Hilltop Rd., Sprakers • 518-673-5670

Hours: Tues-Sat 12-5 • Open Wed. Nites till 7PM • www.ayresanimalshelter.com



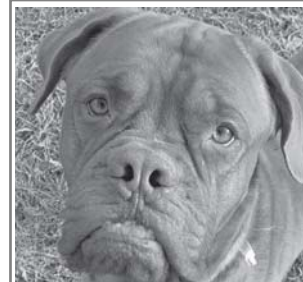
**SNICKERS** - 9 1/2 year old female Collie mix. Knows commands. Lived with cats. Friendly and playful



**NORMAN** - Darling 6 month old Lab mix, black with white. Found on Spring St., Fort Plain.



**BoBo** - 4 year old male Coonhound mix. Good with other dogs and with kids.



**COOPER** - 5 year old male French Mastiff. Good with calmer dogs. Best in quiet adult home.



**LOLA** - 1 1/2 year old female Pit Bull/Lab mix. A sweetheart, playful and friendly.



**TROY** - 8 year old male Dutch Shepherd mix. Good with some dogs. Best with older kids.



**MOOSE** - 9 year old male Pit Bull mix. Fine with most dogs. Loves people.



**KUJO** - 3 - 4 year old male Plott Hound mix. Fine with small dogs, not cats. Playful. Loves people.



**PAPO** - 7 year old male Staffordshire Terrier mix. Not good with cats. Adult home only.



**JORDAN** - 6 year old female Catahoula Leopard Dog. Active and playful. Should be your only pet in an adult home.



**KANE** - 1 year old male Pit Bull mix. Fine with dogs and cats. Friendly and playful.



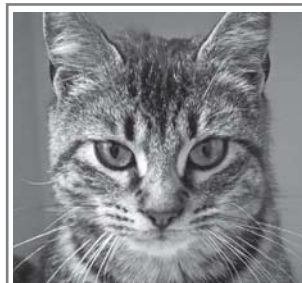
**BABY** - 10 - 11 year old female Greyhound mix. Good with some dogs and cats. Adult home only. Very playful.



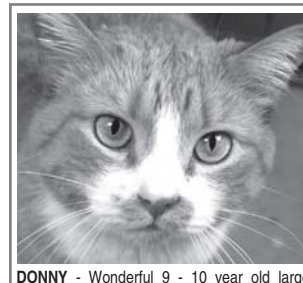
**BRUTUS** - 10 year old male Staffordshire Terrier mix 63 lbs. Knows commands. Great on leash. Good with some calmer dogs and older kids, not cats.



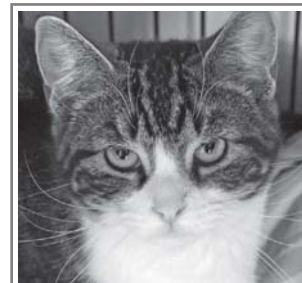
**APRIL** - Beautiful 5 year old female American Bulldog mix, 45 lbs. Good with some dogs and older kids, not cats. Loves long walks, car rides and playing ball.



**SAHARA** - 6 month old female tiger. Rescued from a fire. Very sweet.



**DONNY** - Wonderful 9 - 10 year old large orange and white male. Found abandoned in a box in 2011. Very playful. Fine with other cats and with dogs.



**PATCH** - Sweet and shy 7 month old female, white with gray patches. Loves other cats. Playful.



**MARVIN** - Gorgeous 5 - 6 month old male tiger.



## ADOPT A NEW Best Friend!

**NEEDED: Cat Litter**

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## Kovels: Antiques and Collecting

by Terry and Kim Kovel  
To My Valentine

Valentine's Day is a holiday that has its roots in ancient times. But it was celebrated with gifts until the first cards appeared about 1760. Cards were made at home, with drawings, poems, cutouts and other ways of expressing love. Since then, valentines have changed with the fashions and technology, and they are a popular collectible.

In 1848, Esther Howland of Worcester, MA, started making valentines from pieces of fancy paper lace and printed pictures with handwritten messages of affection. Soon, she was selling valentines to friends, and started a business that lasted until 1880.

The style of the valentine can help tell its age. Mechanical cards with parts that could move so a pictured girl could wave her arm were the newest type in the 1890s. Embossing also was popular. In the early 1900s to 1920s, postcards were used. Postage was 1 cent. Die-cut cards that could be punched out of a single sheet of stiff paper were developed around 1900. These often came as a set with 25 cards for students and one for the teacher. Folded cards were in style by the 1930s and these, plus photographs and digital cards, still are sent today.

Vintage homemade lacy cards made from paper lace, "scraps" and small shaped and printed pictures sell today for \$10 to \$100 or more. Age, condition and beauty determine the value.

**Q:** I have a matching set of two High Point Bending & Chair Co. office-style walnut chairs labeled "Pattern No. 6711." They are in good original condition. How do I determine their value?

**A:** This company started as Siler City Bending Co. in Siler City, NC, in 1901. It made bentwood parts for carriages. In 1904, it was reorganized by Capt. Malvola Jackson Boling and renamed High Point Bending & Chair Co., after a nearby city. The company made bentwood chairs and other furniture. It became Boling Chair Co. in 1956. It

remained open until at least 1999. Your chairs, with swivel seats and rolling casters, are called banker's chairs. The price of your chairs is only about \$15. They are not in a style that is popular today, and old office chairs are not wanted. Wooden chairs are not as comfortable as the new padded or mesh chairs.

### Current prices

Baby bonnet, tatted lace, ivory, circle netting pattern, flowerhead and intertwined loop design border, late 1800s, \$60.

Night light, porcelain, figural polar bear, sulfur eyes, fragrance lamp, stamped, Bohne & Soehne, c. 1925, 10 x 7 inches, \$410.

Pie slicer, Tiffany, silver, slice and serve, sinuous blade, ruffled tip, English King's pattern handle, marked, c. 1880, 12 inches, \$800.

**Tip:** Do not store paper collectibles in photograph albums with black pages. The acidic paper will cause damage.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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This handmade 1930s card is made from store-bought paper lace and features small chromolithographed pictures of children and flowers. The printed cardboard background is made to fit in an envelope. A collector bought it for \$25 about 1980 and felt the message "To Miss Nash" on the back added to the value. It would cost about \$50 today.

## Antiques & auctions... Going, going...yours!

### HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

Weekly Sales Every Monday 11:30 with  
Misc. & Small animals followed by Dairy & Livestock

**Monday, Feb. 5th** – Sold 182 head. Cull Ave. \$.46 Top Cow \$.58, top Hereford Cow \$.81, Bulls/Steers \$.62 - \$.82, Bull calves top \$2.10, heifer calf top \$1.50, Feeder Steers \$.80 - \$1.30, Feeder heifers \$1.01-\$1.30, Dairy Milking age top \$1250, bred heifers top \$1125.

**Monday, Feb. 19th** – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. Group of really nice Dorset Lambs approx. 80# all from one flock.

**Monday, Feb. 26th** – Normal Monday Sale & Monthly Organic Day

**Monday, Mar. 5th** – Normal Monday Sale & Monthly Fat Cow & Feeder Sale

**Monday, Mar. 19 & Mar. 26th** – Normal Monday Sales & Our Easter Sheep, Lamb, Goat & Small animal Sale - call today to advertise your group.

**Sat. March 31st** – New Berlin, NY. 11:30AM Spring Premier All Breed Sale. Accepting 100 consignments of Registered all Breed Dairy Cattle. Call today with your consignments.

**Sat. April 14th** – Alfred State College Spring Fling – sale held at Alfred College. Accepting consignments for this sale also – Registered all Breeds.

**Sat. April 21st** – New Berlin, NY. Annual Spring Consignment Spring Machinery Sale. Call today to have your equipment advertised!

**Friday, April 27th** – 11:00 AM sale held on the farm Cherry Valley, NY. Van-Acres LLC, Complete Registered Holstein Dispersal. 75 Milking age & 75 youngstock. Watch future ads for more details!

\*\*Trucking Assistance – Call the Sale Barn or check out our trucker list on our Web-Site. Call to advertise in any of these sales it makes a difference. Watch website for any last minute updates.

**Directions:** Hosking Sales LLC 6096 NYS Rt. 8, 30 miles South of Utica & 6 miles North of New Berlin, NY.

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**Sat., Feb. 17th Consignment Auction ~ 6:33PM**  
**Sat., Feb. 24th Consignment Auction ~ 6:33PM**  
**Sun., Feb. 25th Breeder Sale ~ 11:33AM**  
**Sun., March 18th Fishing Auction ~ 1:33PM**  
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**ANTIQUÉ, FURNITURE, & TOOLS CONSIGNMENT AUCTION**  
**TUESDAY FEB 13th 5:00pm**  
 JUST CONSIGNED; 4 ANTIQUE HANGING CHANDELIERS, LG JUG, STAINED GLASS WINDOW, A CLEAN OUT FROM CHERRY VALLEY AND A HOUSE CLEAN OUT FROM SHARON SPRINGS!! AND MUCH MORE.. IT'S GONNA BE ANOTHER GOOD AUCTION!!  
 LOOKING FOR CONSIGNMENTS AND CLEAN OUTS!!

**GUN & AMMUNITION CONSIGNMENT AUCTION**  
**WED FEB 21st 6:00pm**  
 JUST CONSIGNED IS A REMINGTON MODEL 1100, REMINGTON MODEL 11, RUGER MODEL 10'22, RUGER MODEL M77 338 WITH SCOPE, H & R 12 GA SINGLE SHOT, BRAND NEW TREE STAND, LOTS OF AMMUNITION, 12 GA. AMMO, 16 GA AMMO, 22 AMMO, AND MUCH MORE STILL COMING!! EXPECTING SOME NEW GUNS FOR THIS AUCTION DON'T MISS THESE AUCTIONS!!  
 LOOKING FOR CONSIGNMENTS! BUY SELL & TRADE!! GUNS AND AMMUNITION!!

**HERKIMER LOCATION**  
**FOOD and GROCERY AUCTION FRIDAY NIGHT FEB 23rd 6:00pm**  
 At the VFW 129 Mohawk Street Herkimer NY  
 Another Large Selection Of Meats, Cheese, Yogurt, Snacks, Frozen Items, Bacon, and more!!

**FARM MACHINERY EQUIPMENT, RESTAURANT EQUIPMENT, LAWN & GARDEN  
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 Delta Model X5 Industrial Router, like new, Woodmaster Planer Molder Model W-718 heavy duty like new, General International 14 inch Band Saw model 90-170B like brand new, Jet 10 inch Super-saw Table Saw like new, General International 8 inch Joiner like new, Set of Turf Tractor Tires, Chain Saw, Hay Wagon, Weed Wacker, Lawn Tractor, 2 Snow Blowers working, and small shop clean out from Canajoharie, and more still coming!! Looking for complete Farm Equipment, Tractors, Trailers, Farm Trucks, Machinery. Equipment, Welding Equipment, Woodworking Equipment, Blacksmith Tools, Hand Tools, Chain Saws, and more!!  
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**FIRST SMALL ANIMAL SPRING AUCTION!!!! Sat March 3rd 10:00am**  
**LOOKING FOR CONSIGNMENTS!!!! MARK YOUR CALENDARS!!**

**REDMOND AGRICULTURE** ATTENTION: **REDMOND AGRICULTURE**

# Redmond Nutrition and Soil Meeting

**Thursday, March 8, 2018**  
10 a.m. to 2 p.m.

To be held at Mohawk Valley Ag LLC  
*Free barbecue being served at 11:30*

**Speakers:**  
Wendell Mickelsen, Animal Nutrition Specialist  
10 a.m. to 11:30 p.m.  
Tim Williams, Soil Specialist  
12:30 p.m. to 2 p.m.

Please R.S.V.P. to:  
**Mohawk Valley Ag LLC**  
Benuel Fisher | Fort Plain, NY | 518-993-2543

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## Kuyahoor Valley Rotary Spring 2018 schedule

The Kuyahoor Rotary Club, a group of very active local community members, contributes generously to the Kuyahoor Valley community. The club supports the Poland and Newport Fire Departments, the KV Ambulance Corps and local school/student projects such as Science Fairs, Scouting, Leadership Seminars and cheerleading. Annually, the club gives out \$4,000 in scholarship awards to graduating students in Poland Central School (PCS) and West Canada Valley Central School (WCVCS). We are proud of our club and are always looking for new members to carry out the good work. The Spring 2018 schedule, hosted and funded by the Kuyahoor Valley Rotary Club, is:

**April 15, 2018** - Rotary Youth Leadership Awards (RYLA) Application Deadline. RYLA, a Rotary International program designed to recognize and enhance leadership skills in young people, is a weekend seminar that focuses on teens that have just completed their junior year in high school. Held every year in July at Cazenovia College, experienced presenters teach and guide activities for participants in leadership, decision-making, time management, ethics, goal setting, responsibility, communication skills, service and teamwork.

The Kuyahoor Rotary Club sponsors one student each from PCS and WCVCS for this powerful experience. Any junior in PCS or WCVCS wishing to attend RYLA in July of 2018 should visit their guidance office and submit an application to the KV Rotary Club by April 15, 2018. Applications will be reviewed and approved at the district level in May 2018.

**May 5, 2018** - The 26th annual Kuyahoor Valley Rotary Auction will be held at Snyder Fuel Service on Main St. in Newport. This auction is the

Club's largest fundraising event. We graciously accept donations of high quality, gently used furniture, household goods, sports equipment and/or Gift Certificates to be sold at the auction. Please contact John at 315.725.2393 or Bob at 315.826.3609 to coordinate pick-up/delivery of your donation.

**May 15, 2018** - The Hugh O'Brien Youth (HOBY) State Leadership Seminar will be held at Utica College June 1 through June 3, 2018. The HOBY Mission inspires young people to make a difference and become catalysts for positive change in home, school, workplace and community. As America's foremost youth leadership organization, HOBY has a long and impressive history of successfully motivating youth and volunteers to outstanding leadership. For more information about HOBY, visit [www.HOBY.org](http://www.HOBY.org).

The Kuyahoor Rotary Club sponsors PCS and WCVCS students to attend HOBY seminars. Students interested in attending a HOBY seminar need to apply to the Kuyahoor Rotary prior to May 15, 2018.

**June 2, 2018** - The 20th annual Kuyahoor Valley Rotary Club Youth Fishing Derby will be held at the usual location, 126 Gage Road, Newport from 8 a.m. until noon. The Fishing Derby is open and free of charge to all grammar school aged students of the Kuyahoor Valley. Prizes for the largest fish caught for each age group and overall largest fish caught will be presented at the end of the fishing derby. Hot dogs, coffee, soda and baked goods will be available to all attendees (children and their parents) free of charge.

The Club meets for dinner on Tuesdays at 6:30 pm at Patti Jean's Family Restaurant on Route 28 between Newport and Poland. All are welcome.

## Cranberry juice can boost heart health

by Dennis O'Brien

Drinking two glasses of cranberry juice a day can lead to significant heart health benefits, according to a study led by Janet Novotny, an Agricultural Research Service (ARS) physiologist at the Beltsville Human Nutrition Research Center in Beltsville, MD.

Novotny gave 56 people either low-calorie cranberry juice or a similar-tasting placebo twice a day for 8 weeks and found that the juice lowered several risk factors for cardiovascular disease (CVD), diabetes and stroke. The 30 women and 26 men were given 8-ounce servings at breakfast and dinner in a double-blind study in which they ate only foods provided as part of the study.

The cranberry juice was sweetened with sucralose and had the same juice content (27 percent) and nutrients as most sugar-sweetened cranberry juice available in stores. The placebo was a flavor-matched, calorie-matched, artificially colored beverage. The research was funded by Ocean Spray Cranberries Inc. Ocean Spray provided the juice, but was not involved in conducting the study or analyzing the results.

After 8 weeks, volunteers given the juice had lower levels of 5 of 22 indicators of cardiometabolic risk in their blood, compared with volunteers given the placebo. The differences could be considered "a notable result," Novotny says. Cardiometabolic risk is the combined risk of cardiovascular disease (CVD), diabetes and stroke, which together causes more deaths in the developed world than anything else. CVD alone causes 930,000 deaths in the United States each year. Risks of developing CVD, diabetes and stroke can be modified with diet and exercise.

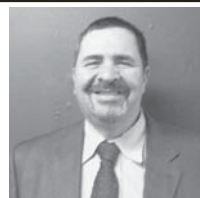
Previous studies have shown that cranberries are

rich in the types of polyphenols associated with a reduced risk of heart disease, diabetes and stroke. But Novotny's study is the first to show that cranberries confer such health benefits in a controlled-diet, double-blind clinical trial, which is considered the gold standard in health and medical research.

Read more about this research in the May 2016 issue of AgResearch.



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## Four easy ways to create more time in your day

Managing one's time can sometimes feel like an uphill battle. As a result, adults with hectic schedules and multiple responsibilities may pine for an extra hour or two in the day. While it's impossible to extend a day from 24 to 26 hours, there are ways for busy men and women to create more time in their day.

1. Embrace organization tools. Whether it's day planners, smartphone reminders or more traditional print calendars with meetings and deadlines written on them, organization tools can greatly cut back on time spent trying to remember and/or confirm meeting times, project schedules, deadlines, and other obligations.

2. Assess your productivity. Some people are most productive in the mornings, while others do not hit their strides until after lunch. Identify the time or times of day when you tend to be most productive, and make an effort to focus exclusively on work during these times. Resist any urge to schedule meetings or conference calls during those times of day when you are most

productive, as it can be hard to multi-task or focus when discussing projects with coworkers or clients.

3. Minimize distractions. Social media, the internet and texting can distract attention away from tasks that must be completed, ultimately affecting how quickly and efficiently such projects are finished. Make a concerted effort to avoid social media and the internet while at work, and turn off smartphone alerts that entice you to go online. In addition, turn off text alerts if they are proving too great a distraction.

4. Reconsider your commute. Professionals who drive to work but find themselves sitting in traffic on their way to and from work can investigate possible alternatives to driving themselves. Public transportation might not get you to work more quickly than driving yourself, but time spent on a bus or train can be used to work on projects and check and answer work-related emails, clearing up time later in the day. Time spent behind the wheel of an automobile cannot be safely spent working.



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Stk#	Year	Make	Model	Miles	Price	Mo. Pymt.	Stk#	Year	Make	Model	Miles	Price	Mo. Pymt.
18291A	2018	Toyota	Tundra Dbl Cab	729	\$41,490	CALL	P1737	2015	Dodge	Ram 1500 Crew	30k	\$30,990	\$466
18151B	2017	Toyota	Sienna LE AWD	28k	\$27,990	\$419	P1742	2015	Toyota	4Runner SR5 Prem	33k	\$33,990	\$515
18232B	2016	Chevy	Trax LS	13k	\$17,990	\$257	P1680	2015	Honda	Pilot SE AWD	39k	\$24,920	\$369
18298B	2016	Dodge	Grand Caravan SE	39k	\$15,790	\$224	P1736	2015	Honda	Odyssey EX	29k	\$24,490	\$362
18017A	2016	Toyota	Corolla S	44k	\$15,990	\$226	18140C	2015	Lincoln	MKZ AWD	39k	\$22,070	\$325
17945A	2016	Ford	Escape AWD Lthr ECO	32k	\$21,470	\$313	18200A	2014	Toyota	Prius III	21k	\$16,990	\$242
18253A	2015	Jeep	Grand Cherokee Ltd	25k	\$29,990	\$450	18352A	2014	Toyota	Sierra LE	53k	\$18,490	\$266
P1775	2015	Toyota	Highlander LTD	18k	\$33,990	\$515	18281A	2014	Honda	Accord Cpe EXL V6	36k	\$18,990	\$274
P1774	2015	Toyota	Camry XLE	29k	\$18,990	\$274	17813A	2014	Ford	F-150 STX 4WD	17k	\$25,950	\$385
P1763	2015	Toyota	Camry SE	34k	\$16,990	\$242	18254A	2014	Ford	Escape Titanium	30k	\$19,990	\$291
P1768	2015	Toyota	Corolla LE	58k	\$13,990	\$194	18102A	2014	Toyota	Tundra 4WD LTD Crew	45k	\$38,990	\$595
P1743	2015	Toyota	Tundra CrewMax	33k	\$36,370	\$554	P1749	2013	Toyota	Tacoma Dbl Cab	26k	\$28,990	\$434
P1733	2015	Toyota	Camry SE	28k	\$15,960	\$226	18248A	2013	Nissan	Maxima	53k	\$15,490	\$217
P1735	2015	Toyota	Rav4 XLE AWD	23k	\$21,490	\$315	171022A	2013	Toyota	Prius V	46k	\$15,490	\$217
P1751	2015	Toyota	Camry SE	17k	\$17,990	\$257	P1772A	2012	Chevy	Silverado 1500 CrewCab LT	16k	\$24,990	\$369
17593A	2015	Mazda	5 Wagon	40k	\$14,490	\$202	P1696A	2012	GMC	Terrain SLE AWD	68k	\$14,990	\$198
18271A	2015	Jeep	Grand Cherokee Altitude	40k	\$29,990	\$450	171035A	2011	Toyota	Highlander AWD	80k	\$14,990	\$210
P1753	2015	KIA	Sportage	21k	\$15,490	\$217							

\*Model Year 2010 and Newer - 72 mos. @ 4.99%, 2009 and Older 60 mos. @ 6.99%. \$1999 Down. Must be Credit Qualified. Taxes & Fees Extra.

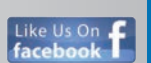
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## Protect vehicle paint finish

Perhaps nothing ages a car or truck more than a lackluster exterior finish.

Even if vehicles are only a few years old, failure to maintain the paint, tires

and chrome accents can make them look worn beyond their years, poten-

tially affecting resale value.

The environment can be a vehicle's worst enemy. Protecting a car means being mindful of substances and habits that can compromise the exterior finish.

### Seek shade

Over time, the sun can damage a vehicle's paint job through oxidation and premature fading. People who live in areas with especially warm climates may see the paint on their vehicles suffer considerable damage thanks to the sun.

One of the easiest ways to protect a vehicle from

the sun is to use sheltered parking or park in the shade whenever possible. This can help protect the paint, headlights and trim. Drivers should store their cars in their garages overnight and during daylight hours when they are home.

### Wash and dry

It's important to routinely wash vehicles to protect their exterior finish. Use a mild cleanser designed for automobiles and a clean rag or sponge so as not to cause scratches that can cause further damage. Because minerals in tap water can be left behind through

evaporation and may oxidize and damage the paint, it's best to wipe away as much residual moisture as possible with a chamois.

### Paint protection

Waxing can prevent bird droppings, berries, splattered bugs, and more from sticking to the paint and wearing down the finish. Waxes come in paste, liquid and spray. Each type has a different reapplication schedule, so drivers should consult the product instructions.

Vehicle owners also can invest in spray films to further protect painted surfaces. Do-it-yourself products are applied like a spray and then dry to an invisible, durable film. This helps protect against insects, gravel, sand, winter salt, and even road grime. Different manufacturers offer protection films.

It is important to safeguard the exterior of a vehicle to help it look newer longer, protecting the value of the car or truck while also protecting it against the elements.



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## Your vehicle has a recall ...now what?

Vehicles are expensive. When motorists drive their vehicles away from a dealership, they hope to travel many miles before they need to come back for maintenance. But manufacturers sometimes issue recalls that can affect drivers of both new and old vehicles.

Recalls are safety precautions taken should a portion of a vehicle or the entire car or truck not operate in the manner it was intended. In many instances, auto manufacturers will directly contact

customers who are affected by a recall via a letter, email or both. Individuals also can stay current on recalls by visiting the National Highway Traffic Safety Administration's website ([www.NHTSA.gov](http://www.NHTSA.gov)).

According to AutoTrader, recalls are becoming more common because of the complexity of modern vehicles. NHTSA flagged nearly 22 million vehicles for safety issues in 2013, and that number is on the rise. Drivers can follow these important steps if they learn of a recall.

- Don't panic, but don't ignore recalls. The experts at Kelley Blue Book say recalls often occur due to a problem in the manufacturing process in similar models, and this issue may surface in other vehicles. Recalls do not guarantee vehicles will malfunction or break down. However, consumers are urged to take recalls seriously, adopting a "better safe than sorry" approach when recalls are announced.

- Follow the instructions. A recall notice should come with instructions. Instructions often advise drivers to take their vehicles to the dealership where the cars were purchased. Notices may provide information regarding nearby dealerships for drivers who have moved since buying their cars or trucks.

- No payment should be necessary. The cost of repairing the recalled part should not fall on your shoulders. Such repairs are paid by the manufacturer. The financial resource Bankrate.com

notes that, "if you had the repair made before the recall was issued (up to a full year), the automaker is legally obligated to reimburse you, as long as you had the work done at one of its franchised dealers." Save all receipts for the work. If work was done by a private mechanic, drivers still may be eligible for reimbursement.

- Be patient. Dealerships are not responsible for making repairs until the date indicated on the recall notice, so motorists may need to wait before having their vehicles repaired.

- Request a loaner vehicle. In some instances, recalls may take a few days to fix. Although not every dealership may make loaner vehicles available, it's still worth requesting one so you are not inconvenienced.

Anyone having difficulty with a recall can contact the NHTSA online, by phone or by mail. Those

who suspect a safety problem also can contact the agency and report their concerns.



Recalls can affect any vehicle. Follow the instructions on the recall notice and have the problem addressed promptly.

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## Did you know?

The modern bridal shower may trace its origins the 1890s. "The Old Farmer's Almanac" says the first bridal shower hostess filled a paper parasol with small presents and turned it over the head of the bride-to-be. Soon the concept caught on, and many other women began "showering" future brides in such a manner. Naturally, as presents became larger and heavier, the tradition of literally showering the bride with gifts was modified — but the name has stuck.

Bridal showers are designed to equip couples with many of the necessities to start their new life together. This custom is believed to have evolved from an old

dowry system, in which a bride was expected to bring valuables to the marriage. The dowry was originally intended as compensation for the burden of supporting a wife placed on the groom. Some parents of the bride were not rich enough to afford an ample dowry, so friends and family members would offer small gifts to help offset this financial responsibility.

Today, both the bride and groom are equal partners in the marriage, bringing together their collective wealth. However, showers are still held regardless of the financial need of the bride as a way to offer good wishes before she embarks on her new journey.

## Fort Plain Free Library invites history lovers to Local History Round Table Feb. 21

FORT PLAIN — Local history buffs are invited to the Fort Plain Free Library on Wednesday, Feb. 21, for the next installment of the monthly Local History Round Table. The free, informal gathering will take place from 6:30 to 8:30 p.m.

Participants of the drop-in discussion group that's facilitated by Fort Plain Village Historian Eileen Chambers and Minden Town Historian Rob Carter are welcome to share memories, family histories, vintage photo albums, post cards, memorabilia, scrapbooks and the like with the group.

The local history forums are held at the Fort Plain Free Library, 19 Willett St., Fort Plain, on the third Wednesday of each month, from 6:30 to 8:30 p.m. For more information, please call the library at 518.993.4646. The event is open to the public.



Shown is a vintage postcard of the 19th century Eric Canal aqueduct that once carried the canal across Otsquago Creek in Fort Plain. Lovers of local history are invited to bring their own vintage photos, postcards, family histories, scrapbooks, memorabilia and the like to the Local History Round Table forum at the Fort Plain Free Library on Wednesday, Feb. 21 from 6:30 to 8:30 p.m. The informal monthly gatherings are free and open to the public.

Photo courtesy of Fort Plain Free Library

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## Did you know?

Historically, June has been the most popular month for getting married. But some numbers now indicate that July and even October have begun to edge out June as the most popular months to tie the knot. The June wedding tradition may be traced back to the ancient Romans. Romans honored Juno, the goddess of marriage and childbirth, and the month of June was named after her, so it is fitting that weddings take place in her namesake month. As centuries passed, June remained a popular month to get married. June was a prime time for people to come out after a long

winter and take communal baths in the fifteenth century. In addition, June weddings meant children conceived after betrothal would be born close to or during the following spring. This helped assure youngsters' survival during the rough and often lean months of winter. Spring births would not conflict with workers' demanding schedules during the autumn harvest, either. Even when weddings began shifting from pragmatic business transactions to romantic affairs, June remained popular.

## Arkell Center News — February 2018

### Submitted by Joan M. Cimino

Arkell Center Programs for **ALL AREA Seniors** during February are as follows:

**Monday-Friday:** 11:45 a.m. the OFA Meals of Montgomery — serves hot meals, \$3 donation for 60 and older. Call 518.673.2000 for reservations.

**Monday, Wednesday and Friday:** 10-10:30 a.m. — Senior Exercise Program is in the basement. Coffee after.

**Tuesdays:** 10-11 a.m. — Beginner Tai Chi; 11:10 a.m. - 12:10 p.m. Intermediate TAI CHI — both are sponsored by Montgomery County OFA, Earl O'Bryon, in-

structor. Donations accepted.

**Tuesdays:** 9-10 a.m. — Core Strength & Stability Class in the basement. Donation \$5, instructor Sharon Charles. The class is cancelled on Feb. 21, March 6 and 13.

**Wednesdays:** 2-2:25 p.m. — Chair yoga in the Gallery. 2:30-3:30 p.m., Gentle Yoga in the basement, \$5 donation. Instructor Patty P.

**Fridays:** 9-10 a.m. — Vinyasa Flow Yoga with Bonnie in the Gallery. \$10 fee.

### Special events

**Wednesdays, Feb. 21 and 28:** 12:30 to 4 p.m. — Senior Citizens Pinochle Card Party, donation \$2,

prizes and refreshments. If you would like to sub, call Terry at 518.673.5635.

**Thurs, Feb. 22:** 9:30 a.m.: Breakfast with Our Senior Neighbors — bring a dish to share!

### Meetings

**Friday, Feb 23:** 1 p.m.: Canajoharie Senior Citizens Meeting

**Tuesday, Feb. 27:** 10-11 a.m. — Alzheimer's Caregiver Support Group Meeting

**Thursday, Feb. 22:** 10:15 - 11 a.m. — The Diet Club meets in the Gallery at Arkell Center. The goal is to be accountable while losing or maintaining your weight. Call 518.673.2112.

## Good Housekeeping

### Ginger-crusted salmon with melon salsa

*Spicy and fresh, this easy dinner of rich salmon and melon-hot pepper salsa is healthy and anything but bland.*

- 2 cubed cantaloupe cut into 1/3-inch pieces
- 1 cubed honeydew, cut into 1/3-inch pieces
- 1/4 cup packed fresh cilantro leaves
- 2 tablespoons finely chopped fresh mint leaves
- 1 jalapeno chile
- 2 tablespoons fresh lime juice
- 2 tablespoons grated peeled fresh ginger
- 2 teaspoons curry powder
- Salt
- Pepper
- 4 piece skinless salmon fillet
- 2 teaspoons vegetable oil

1. In medium bowl, combine cantaloupe, honeydew, cilantro, mint, jalapeno, lime juice and 1/4 teaspoon salt, stirring until well-mixed; set aside.

2. In small bowl, stir together ginger, curry powder, 1/8 teaspoon salt and 1/2 teaspoon freshly ground black pepper. Spread mixture evenly all over non-skin side of each fillet.

3. In 12-inch nonstick skillet, heat oil on medium 1 minute. Add salmon, ginger side down, and cook 10 minutes or until salmon just turns opaque in center, turning over once. Serve salmon with melon salsa. Serves 4.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/recipes/](http://www.goodhousekeeping.com/recipes/).

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## Whatchamacallits



Although still in use today, the pickaroon has been a tool used by those in the lumber industry for a long time. This Whatchamacallit comes from a time before machines carved out the metal pick.

Lumber has always been a big industry, and it continues to be dangerous and physically strenuous. To decrease the danger and expedite the process, many devices have been created. The pickaroon, or hookaroon, was created to help move cuts of wood or felled trees with minimal effort.

Pickaroons were also used in log drives, or moving logs down riv-

er to sawmills or paper mills. This was to help the logs from damming up the river and stay moving.

The metal head of the pickaroon has a pointed tip running perpendicular to the handle. The handler would have to simply swing the pickaroon and stick the tip into the wood that needs to be moved. At this point, the wood could be carried or dragged to whatever location the wood was being moved to. This saved energy and a literal backbreaking experience.

Many antique pickaroons can be found on the internet, but this

particular one had no identifying mark to indicate a maker. It is made out of iron, bolted to the wooden handle by a bolt at the base of the hook and a nail placed in the handle.



**Do you have your own Whatchamacallit?**

Send a photo and short description to [cboarden@leepub.com](mailto:cboarden@leepub.com) or call Camden at 518-673-0144

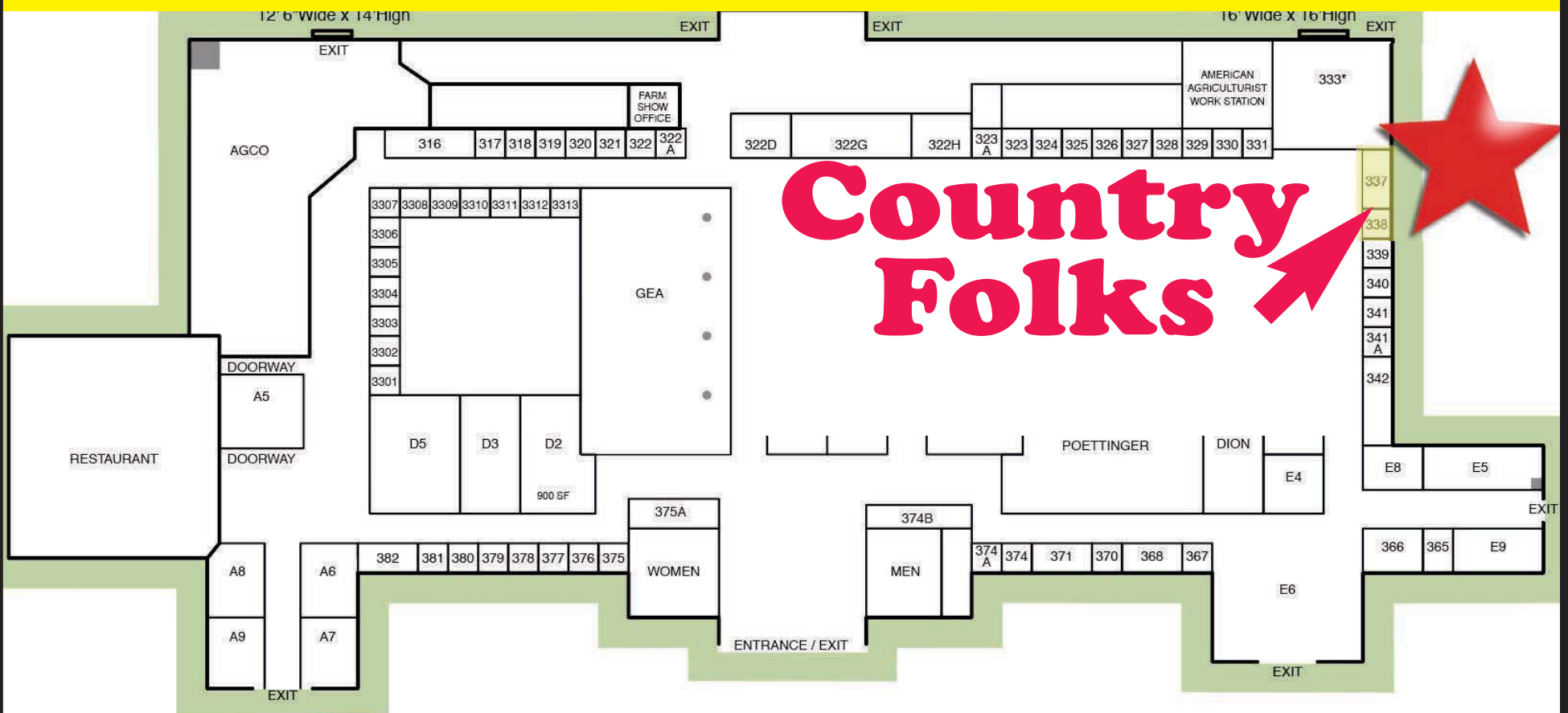
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## To Your Good Health

by **Keith Roach, M.D.**

### Blisters may need medication for life

**Dear Dr. Roach:** A year ago, I broke out with pimples on my back, arms and thighs. They itched so badly I thought I would go mad. A dermatologist took a biopsy and told me it was an autoimmune disease called bullous pemphigoid. I started on prednisone and doxycycline. When it cleared up, I would stop the medication, but it came back. The doctor said she thinks I'll have to take medication for the rest of my life. I don't like taking this medication, as it blurs my eyesight and I lose energy. I also have osteoporosis. I do take some vitamins. — G.B.

**Answer:** Bullous pemphigoid is an autoimmune disease that causes blisters, mostly in older adults. The blisters are large and tense (as opposed to pemphigus, an even more dangerous au-

toimmune disease, in which the blisters are soft). Bullous pemphigoid tends to come and go over months or even years. Diagnosis is confirmed by biopsy.

The usual treatment for bullous pemphigoid is a corticosteroid, either topical or systemic. Since it was over such an extended area of your body, your dermatologist decided on systemic, at a moderate dose of 20 mg. Prednisone has many long-term side effects, including making your osteoporosis much worse. Further, I am concerned that the blurry vision could indicate the onset of diabetes or a cataract, as both are strongly associated with chronic steroid use. Your regular doctor should be testing you for diabetes and treating the osteoporosis, and should make sure that you see the eye doctor.

Certain medications, such as the doxycycline

she started you on, can reduce your need for steroids. Other medications used for autoimmune disease can further reduce the need for steroids, but azathioprine, methotrexate, mycophenolate and others have serious side effects of their own. Nicotinamide, also called vitamin B-3, can make the doxycycline more effective.

Although bullous pemphigoid sometimes does go away, I agree with your doctor that you are likely to need some medication long term; however, she may be able to reduce the dosages.

**Dear Dr. Roach:** My adult daughter contracted ringworm or some other fungus from her beautiful Border Collie. She

has been using over-the-counter meds on the two of them for over 10 months! The dog is doing better than my daughter. Any solutions to get rid of this once and for all? — E.B.

**Answer:** Ten months is too long to treat something empirically. It's time to find out what this fungus might be, and that means a visit to a

dermatologist, who can do a culture of the infection to find out what it is. There are some unusual fungi that can be passed from animals (dogs, cats, pigs, horses, cattle) to humans and cause skin infection. Rarely is systemic treatment necessary.

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## Country Preacher

by **Pastor Dan West**

Those of us in evangelical churches (as our Baptist church is) often use the term "born again", but others may not know what it means or where it comes from. This term, of course, comes from the Bible, being first used by Jesus Himself. In **John 3:1, 2** we read that a religious leader came to Jesus one night and inquired of Him regarding the kingdom of God. Jesus answered him "... except a man be born again, he cannot see the kingdom of God."

As you follow this conversation over the next few verses, you see that flesh and blood cannot inherit the kingdom of God (**I Corinthians 15:50**) so to be a part of it a person must have a spiritual birth — be born spiritually (**John 3:5**). Our first birth was only physical in nature. No one has ever had a spiritual nature or life at the time of their physical birth. (Adam and Eve were created [but not born] with a spiritual nature, but their fall into disobedience, sin, took that away from everyone after them.) So a second birth, a spiritual birth is needed to even see the kingdom of God (**John 3:3**) After our physical birth, we need to make the choice to be born again, born spiritually.

Peter writes of this in **I Peter 1:23** where he explains to believers "... Being born again, not of corruptible seed (that which is physical) but of incorruptible (spiritual), by the Word of God which lives forever," physical things like flesh and grass wither away and die (v. 24), but the Word of God is eternal (v. 25). Our physical body one day will cease working and die, but if we have made the choice to be born again, our soul will continue living in the presence of God for all eternity. Jesus continues to speak of this choice in **John 3:15-18**; whoever believes (trusts) in God's only Son (Jesus) will have eternal spiritual life.



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# King Crossword

**ACROSS**

1 Greek consonant  
4 Cold War weapon  
8 2000 election scrap  
12 Fool  
13 Law office worker, for short  
14 "Les Misérables" author  
15 Accelerator  
17 Quite excited  
18 Tidy (up)  
19 Altar affirmative  
21 Vanna's cohort  
22 Flame from a burner  
26 Impersonator  
29 Whatever amount  
30 Timetable abbr.  
31 "American —"  
32 Golfer Ernie  
33 Bivouac structure  
34 Fresh  
35 Individual  
36 Emanations  
37 Big talker  
39 Morsel  
40 Playwright  
41 Strong points  
45 Not up and about

11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55

48 1944 Boyer/Bergman film  
50 Burden  
51 Otherwise  
52 Exist  
53 Wrong  
54 God, in  
55 Doo-wop syllable

**DOWN**

1 Labels  
2 Pronto  
3 Beatles'  
"Back in the —"  
4 Poison antidote, maybe  
5 West Point newbie  
6 Top supporter  
7 Slanders  
8 Utter disorder  
9 Embrace  
10 Past  
11 Pooch  
16 Student  
20 Rotation duration  
23 Scoff  
24 Sicilian spouter  
25 Makes lace  
26 Chinese dynasty  
27 Notion  
28 Neatens the lawn  
29 Microbrewery product  
32 Betrothed  
33 Rwandan tribe  
35 Scull tool  
36 Grocery areas  
38 Hen  
39 — profundo  
42 "Zounds!"  
43 From one end to t'other  
44 Branch  
45 Carte lead-in  
46 Acknowledge applause  
47 Listener  
49 Foreman foe

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# MAGIC MAZE ● FOUND IN A RIVER

U E B X U Q N J G D B Z W T Q  
N K H D A X U R P M E J G D A  
X V S Q N K I S F D A A G X V  
T Q O M J H F K C S V E A S Y  
W U R P N S L C W J E H T F D  
B Z X V T R E O Q S R A O M K  
I H F S D B N L E E O Z Y S W  
V T M R Q N O K T B N P K T L  
K A L L I G A T O R S C P L I  
D H F M D N O R E H U H S I F  
C A Z H S A R T X D W T V S H

- Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
- |            |        |          |         |
|------------|--------|----------|---------|
| Alligators | Fish   | Locks    | Snakes  |
| Boats      | Geese  | Minnnows | Trash   |
| Dams       | Heron  | Otter    | Turtles |
| Ducks      | Hippos | Silt     |         |
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# Weekly SUDOKU

by Linda Thistle

	7		1	9		8		
		9	6					2
6			2		4			
3		8			6			
	1			5		2		
	4		7					3
		3			2	7		
5		1			9	4		
	8	6		9				1

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

## DIFFICULTY THIS WEEK: ♦

- ♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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# Americanisms



"Love makes your soul crawl out from its hiding place."  
—Zora Neale Hurston

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# LAFF-A-DAY



"I'll have to charge you double. You're wearing one black shoe and one brown shoe."

# Amber Waves

ALRIGHT, JUST A FEW FINISHING TOUCHES.  
PERFECT! HE ALMOST LOOKS REAL, JUST NEEDS A CARROT FOR THE NOSE.  
HEY BOBI HURRY UP WITH THAT CARROT!  
WHAT...OH, LIKE THERE'S A DIFFERENCE?

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by Dave T. Phipps

# Puzzles4Kids

by Helene Hovanec

## CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

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ABCDEFGHIJKLMNOPQRSTUVWXYZ

XIBU EJE UIF CPZ DBU TBZ UP

UIF HJSM DBU PO WBMFOUJOF'T EBZ?

ZPV BSF QVSS-GFDU GPS NF.

# GRIN & BEAR IT



"But all my diet pills have to be taken with food!"

# HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



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# Just Like Cats & Dogs

by Dave T. Phipps



# STICKELERS

by Terry Stickels

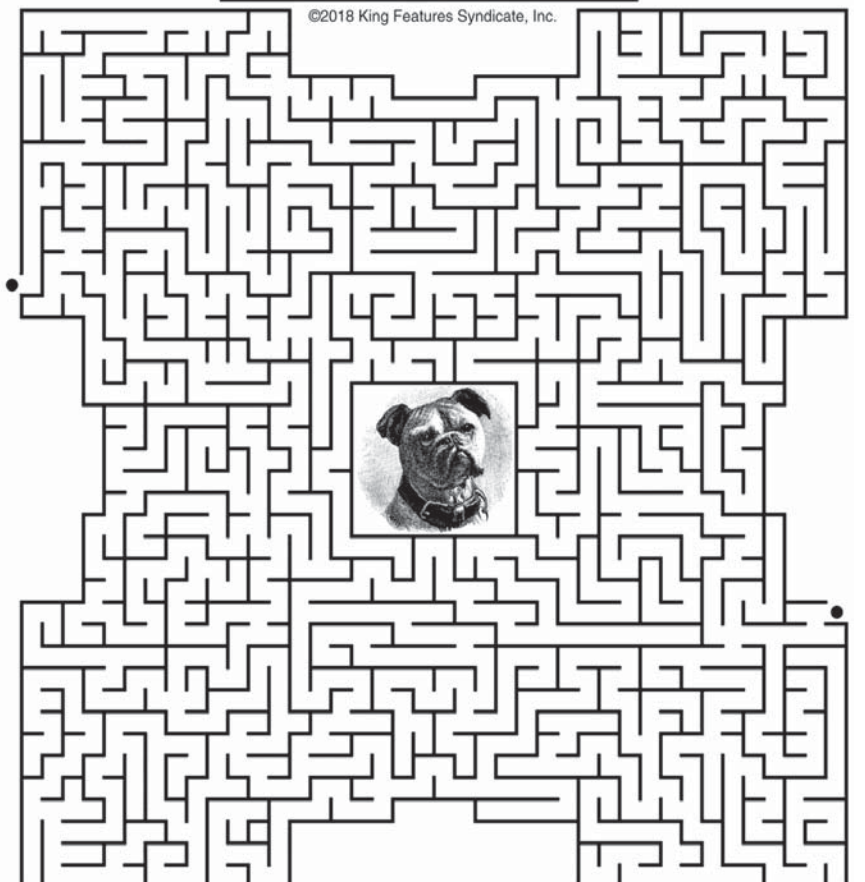
How many lines with a slope of -1 are tangent to the circle  $x^2 + y^2 = 36$ ? Slope is defined in the change of y divided by the change of x.

- A) 0 B) 1 C) 2 D) 3 E) infinite

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# Mega Maze

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## Learn to break the procrastination habit

The idiom "Never put off until tomorrow what you can do today" has been credited to many people, including Thomas Jefferson, Mark Twain and Oscar Wilde. Regardless of who first uttered the phrase, it still rings true. Many people are guilty of procrastinating, which can affect their productivity and various other areas of their lives.

Procrastination can sometimes be a good thing, giving a person time to think through decisions more thoroughly instead of acting impulsively. Waiting to do something until a deadline looms also may motivate a person to work harder to complete the task at hand. Yet chronic procrastination can be a problem that affects one's job performance, academic success and general state of mind.

Psychology Today says procrastinating is often done to temporarily reduce a person's anxiety about a task or alleviate boredom or negative feelings toward the work at hand. Procrastination is more a symptom of emotions rather than a problem of poor time management. Experts in the field of psychology say that even though procrastinating may temporarily relieve anxiety or unpleasant feelings, procrastinating ultimately can increase negative feelings.

Resolving to stop pushing tasks into the future can be a worthwhile goal, but it's difficult.

"To tell a chronic procrastinator to 'just do it' would be like saying to a clinically depressed person, 'cheer up,'" said Joseph Ferrari, a professor of psy-

chology at DePaul University.

Individuals can instead employ these strategies to get focused.

- Set deadlines. Open-ended time frames for getting things done may be a procrastinator's worst enemy. Setting deadlines can provide the inspiration needed to get things done. Set reminders to help stay on task.

- Seek cognitive-behavioral therapy. CBT is a common type of talk therapy that is used as a tool in treating various mental health conditions and other situations. CBT helps a person become aware of inaccurate or negative thinking to change a view on challenging situations, says the Mayo Clinic. This way one can respond to them in a more effective way.

- Identify feelings. Identifying why a person is procrastinating can help him or her get past the block. Fear, change, sadness, or lack of experience may be behind a person's tendency to procrastinate. Identifying the cause can help men and women overcome this hurdle.

- Break down the task. Dividing a challenging task into a handful of smaller tasks can make it easier to complete the project. Reward little successes, which will eventually add up to a big success.

- Keep distractions at bay. Remove distractions from the environment, so they can't be used as a procrastination crutch.

Over time, people can break the habit of procrastination and become more efficient and successful.



Over time, people can break the habit of procrastination and become more efficient and successful.

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## What athletes should know about shin splints

Exercising more is a primary goal for many people, especially those interested in losing weight. Athletes also look to increase the time they spend exercising as new seasons draw near. While additional exercise can benefit many people,

those who frequently perform weight-bearing exercises or repetitive motions, such as running, dancing and jumping, may find themselves battling shin splints.

Also known as tibial stress syndrome, shin splints are a condition

marked by pain in the shinbone, also known as the tibia. Shin splints are common among athletes and dancers who spend so much of their time on their feet. The Mayo Clinic says shin splints are caused by repetitive stress on the shinbone and connective tissues that attach muscles to the bone. Shin splints typically appear when there is a sudden increase in distance or intensity of a workout schedule.

Shin splints are characterized by tenderness, swelling, soreness, and/or pain along the inner part of the lower leg. While the pain may stop when the body stops exercising, eventually that pain can transform into continuous pain.

Many cases of shin splints can be alleviated through rest, icing and other self-care methods. Wearing proper footwear and modifying exercise routines can help ensure that shin splints are not a recurring problem.

Should shin splints not clear up on their own, or

if over-the-counter pain relievers prove ineffective at managing pain, then

athletes should contact their physicians. Doctors will likely try to determine

if the pain is caused by something other than shin splints.



Athletes and runners are at risk of developing shin splints.

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FOUND IN A RIVER

**Puzzles4Kids**  
 Answer

What did the boy cat say to the girl cat on Valentine's Day?  
 You are purr-fect for me.

**Sticklers Answer**  
 C) 2

Weekly SUDOKU  
 Answer

2	7	4	3	1	9	5	8	6
8	1	9	6	5	4	3	7	2
6	3	5	7	1	8	4	1	9
3	5	2	8	4	1	6	9	7
7	6	1	9	3	5	8	2	4
9	4	8	2	7	6	1	5	3
1	9	3	4	8	2	7	6	5
5	2	7	1	6	3	9	4	8
4	8	6	5	9	7	2	3	1

— King Crossword —  
 Answers  
 Solution time: 27 mins.

T	A	U	I	C	B	M	C	H	A	D	
A	S	S	P	A	R	A	H	U	G	O	
G	A	S	P	E	D	A	L	A	G	O	
S	P	R	U	C	E	I	D	O			
			P	A	T	G	A	S	J	E	
M	I	M	I	C	A	N	Y	E	T	A	
I	D	O	L	E	L	S	T	E	N	T	
N	E	W	O	N	E	A	U	R	A	S	
G	A	S	B	A	G	B	I	T			
			I	R	A	A	S	S	E	T	S
A	B	E	D	G	A	S	L	I	G	H	T
L	O	A	D	E	L	S	E	A	R	E	
A	W	R	Y	D	I	O	S	D	U	M	

**Mega Maze**  
 Solution

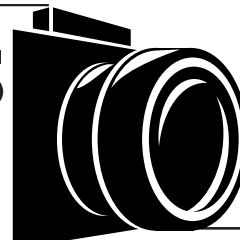
## Did you know?

Pets play important roles in their owners' lives and are increasingly included in more activities, such as vacations, dining out and even weddings. The National Association of Professional Pet Sitters says more couples are customizing their wedding celebrations and bridal parties to include

pets. Dogs and cats are turning up in wedding photos as well as trips down the aisle. Some pets even serve as ring bearers. Before giving your pet a job for the wedding, consider his personality and temperament. How does the pet react around crowds? A dog or cat accustomed to a quiet home

may behave differently when placed in a room full of excited people. In addition, confirm that pets are allowed inside your ceremony space. Certain venues may not allow animals that are not service dogs. Make sure to inform guests that an animal will be present, so those with allergies can take precautions. If it isn't practical to have animals in the ceremony, give them a primary spot in wedding or engagement photos.

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## Paw's Corner

by Sam Mazzotta

### Grieving cat needs comforting

**Dear Paw's Corner:** My 3-year-old cat, "Rascal," is having a terrible time adjusting since my other cat, "Fresca," died just a few weeks ago. He roams the house at night, meowing for hours, and doesn't always eat his food. What can I do to help him? — John C., El Paso, Texas

**Dear John:** I'm sorry to hear about the loss of Fresca. It can be surprising to learn that many animals go through a grieving process after losing a companion — whether human or animal. And, just as with humans, grieving can take time.

The best thing to do is to be supportive of Rascal. Recognize that you're both missing Fresca, and give Rascal plenty of attention and cuddles.

However, don't change his routine. Mealtimes should stay the same; playing and socialization times should stay the same (though you can extend the length of that play time).

If Rascal starts eating less or stops eating altogether, try encouraging him to eat by adding a little bit of warm (not hot) broth to his food. Stay in the room while he eats — many cats don't like being petted while they eat, but they often don't mind owners sitting nearby.

It may take as long as six months for Rascal to recover from the loss of his friend. Be as supportive as possible without changing his routine, or feeding him too many treats. If he stops eating for more than three days, still won't sleep or doesn't seem to be improving after a couple of months, contact the veterinarian.

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## Senior News Line

by Matilda Charles

### Scammers at the door

The guy who showed up today came to the wrong door: mine. I pegged him for a scammer before he even said a word. And I was right. The only thing I didn't know was what kind of scam it was.

Turned out it was utilities. The guy claimed he was at the door at the request of my electric company to update my records. Then he said he only needed to scan my previous utility bill.

Wrong. I'd read about these guys.

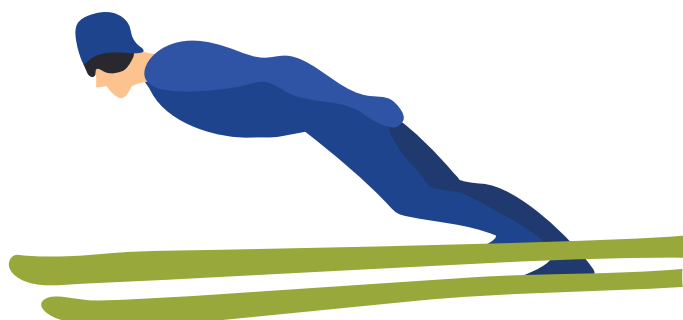
First, I knew that my electric company didn't send him. Second, if I'd showed him my bill, he would have had my name and account number and would know what rate I pay.

The scam works like this: With all that information, they would offer me a ridiculously low rate. If I signed up, before I knew it, my electric bill would have gone up 400 percent. I'd be locked into a contract and would have to pay a lot of money to get out of it. If I didn't pay, they would send the bill to a collection agency, and it would show up on my credit report. So I shut the door in his face.

This particular scammer has a long history in other states, and there are class-action suits and investigations. They've targeted seniors, saying the local utility company had changed names and new information is needed, falsified signatures to sign up, come to the door again and again, misrepresented who they worked for, lied about rates and much, much more.

If someone shows up at your door with a clipboard and a photo ID hanging from their neck, it's probably a scammer. If they ask for any information, it's probably a scammer. Just shut the door.

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